

Backyard Jiu-Jitsu



Grandmaster Ted Gambordella

Backyard Jiu Jitsu

Sometimes you can't go to the Dojo to practice your Jiu Jitsu. Sometimes you can't make it to the Gym to practice your Jiu Jitsu. Sometimes you can't pick the time and place to have a fight. Sometimes you have to fight wherever the punk wants. So sometimes you better practice your Jiu Jitsu in your backyard, so that you are ready. Anywhere....anytime...for anyone.

The Fighting Stance.

Keep your feet spread about shoulder width, with one leg forward. Head down and hands up.



If you stand with both feet square, you will not be able to move quickly and are very susceptible to a take down.



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Double Leg Takedown to a Side Mount



You begin by dropping forward with one leg and then dropping that knee to the ground, directly between the legs of the partner. Keep the back straight and lock both of his legs, lifting him up and to the side and throwing him to the ground where you will control him with a Side Mount.



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Double Leg Counter



If you opponent is Sloppy with his takedown you can do an effective counter. Here my opponent has not driven his knee in between mind and so I can push back and reach down and under his arm and begin to lift it over his head.



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I continue my lifting, as I drop to my knees and throw him to the ground where I control him in a Side Mount



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Amplified Guillotine Choke



Here is an amplified guillotine choke. I start by putting the edge of my forearm into my opponent neck, and then I reach up and under my choking hand and place my other hand palm down on his back. I then pull up with my choking hand and press down with my leverage hand.



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Counter to the Guillotine



Here my opponent counters the guillotine by reaching up around my shoulders and between my legs.



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Now he uses his back to pick me up and smash me to the ground, breaking the choke and possibly breaking my back. He then controls with a side mount



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The Basic Guillotine



As my opponent steps in I reach under his chin and force my forearm into his throat, then I grab my wrist with my other hand and lean up and back to finish the choke.



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The Crucifix



Here I reach over my opponent heads and under his arm locking his neck against my side. Then I control his other arm and begin to drop him to the ground with a leg sweep.



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I control his left arm against my body and begin to sit out, while leaning backwards into his neck forcing the submission.

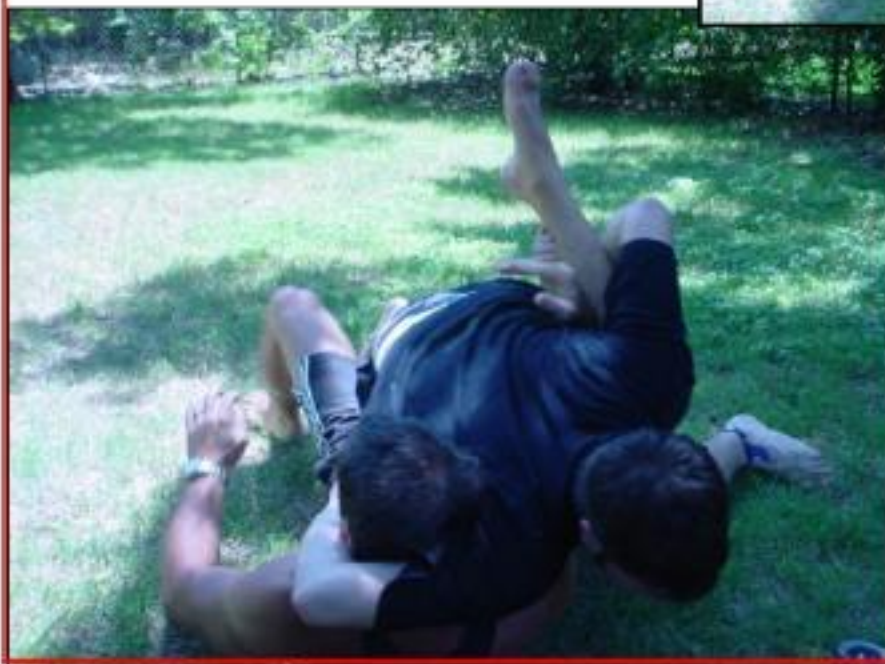


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Ankle Pick



Here my opponent has made a sloppy entrance with his back bent and his head down. I lean into him and reach down and grab his front ankle with my forward arm, lift him up and throw him to the ground, where I can control him.



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Sprawl



Here my opponent is shooting in, as he moves forward I immediately jump backwards with both of my legs and press down onto his back.



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I then control him by reaching under his arm and turning him over (this move is called the cow catcher) and then I secure a side mount or move to a full mount



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Sprawl Sit Out



Here my opponent has sprawled as I shot, so I post up my right leg and then turn my body around his right arm allowing me to begin to sit out and escape.



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I continue to sit out until I have escaped to the side and then I turn into him and secure a front choke or get ready to turn him over for a mount.



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The Sit Out



Here my opponent is trying to take my back. I post up onto my feet and then thrust my right leg out to the side while reaching back with my right arm between his legs.



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I then sit out to the side (only for a half second) and then turn into him and secure back control.



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Putting the opponent on his back



Here my opponent has shot to both knees giving me an opportunity to take him to his back. I lean forward into his neck and reach under with my left hand to grab his left elbow.



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I now take my right hand and thrust it against his left elbow, while pulling hard with my left arm forcing him to begin to turn to his back.



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I continue to force him to this back and dig my chin into his side to keep him down. Then I slide to the side and control him with a side mount



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Taking the Back



Here I begin to take the back by reaching under my opponent and grabbing both his wrist. I then dig my knee into his side forcing him to lean a little so I can begin to force my legs under him.



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I then force my legs under his and do a "butterfly" type of lock to keep his legs spread, keeping him from using them to escape. From here I can do my chokes for a finish.



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Escape from taking the back



Here I escape from the back control by posting my legs up under him and pulling back to allow me to sit to my knees. Then I thrust my right leg back to break his leg control.



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Now I continue to turn into him and escape and force him to this back when I can mount him for control



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Mata Leo



Here I have taken the back and now go for the choke (mata leo) I reach under his chin, forcing his neck up and I drive him forearm against his neck. I then lean forward and lock my left arm against the elbow of my right arm.



To apply more pressure I force my chin into my hand and drive my head down into his neck, while pulling up as hard as I can to force the choke.

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Escape from the rear choke



Here I escape from a rear choke, I must move fast to avoid being choked out. I reach up with both of my arms and pull down on this front arm to relieve pressure on the choke, and then I push hard back forcing him to the ground.



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Now I push back into my opponent and begin to turn towards his choking arm, not away from it as this will further the choke. I continue to turn until I break the choke and mount him.



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Ankle Locks



If my opponent has his legs across my body I can pick up one of his ankles and lock it over his other leg and then under my leg and simply lean back to force a submission.



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Arm Bar from the Back



Here my opponent is trying to secure a choke. I reach up and grab his wrist and pull his arm forward, turning his wrist over and locking his elbow against my body forcing a surrender.



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Ankle Locks



You can do an ankle lock by grabbing the leg of the opponent and locking it with a figure 4 lock across your body. You add pressure by leaning to the side and twisting the ankle.



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You can also lock the ankle against your body and keeping the forearm directly on the ankle, lean back and twist to affect the submission.

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Double Leg to knee lock



You can also throw your opponent to the ground by driving into his body and lifting his legs. Then you step over his leg.



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You finish the lock by twisting the ankle against the arm, be sure to lock the arms across your body and twist for the submission.



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Head Lock with arm lock

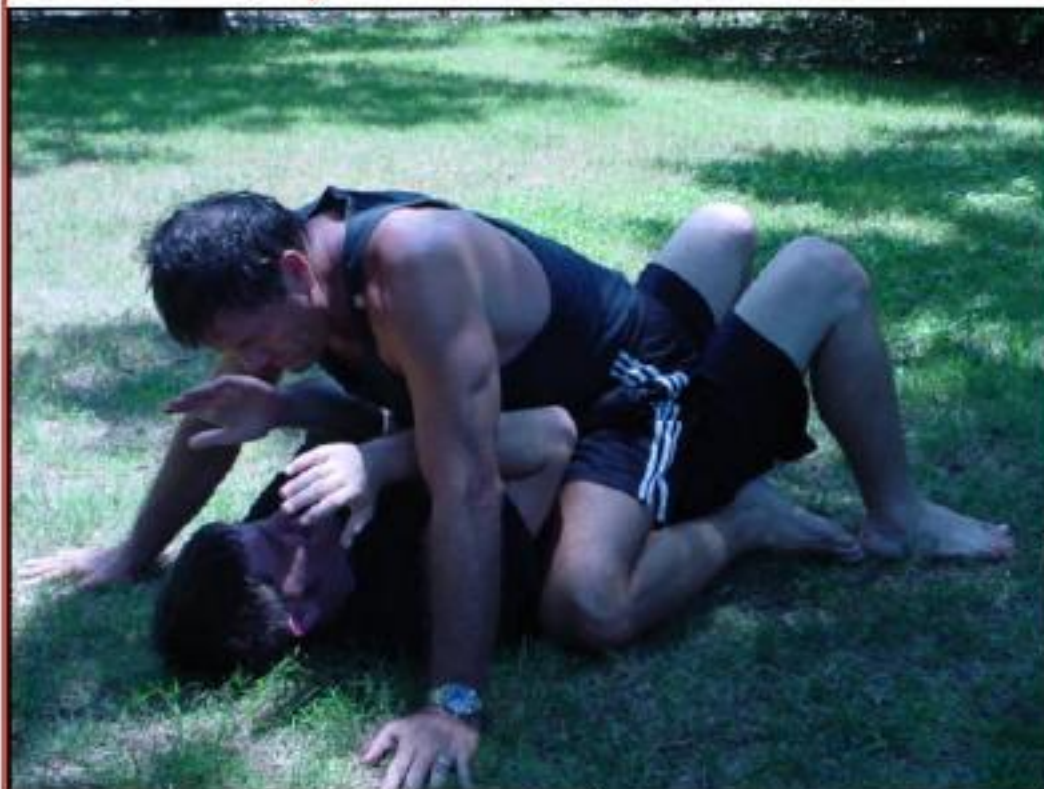


You can double the strength of your headlock by trapping his arm across you forward leg and leaning backwards to force the submission.



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The Key Lock



To secure the key lock from the mount. You make sure to keep your weight down on his body and the arms spread wide for support. Then you take your left arm and push his right arm straight, and the come across with the right arm to begin the lock.



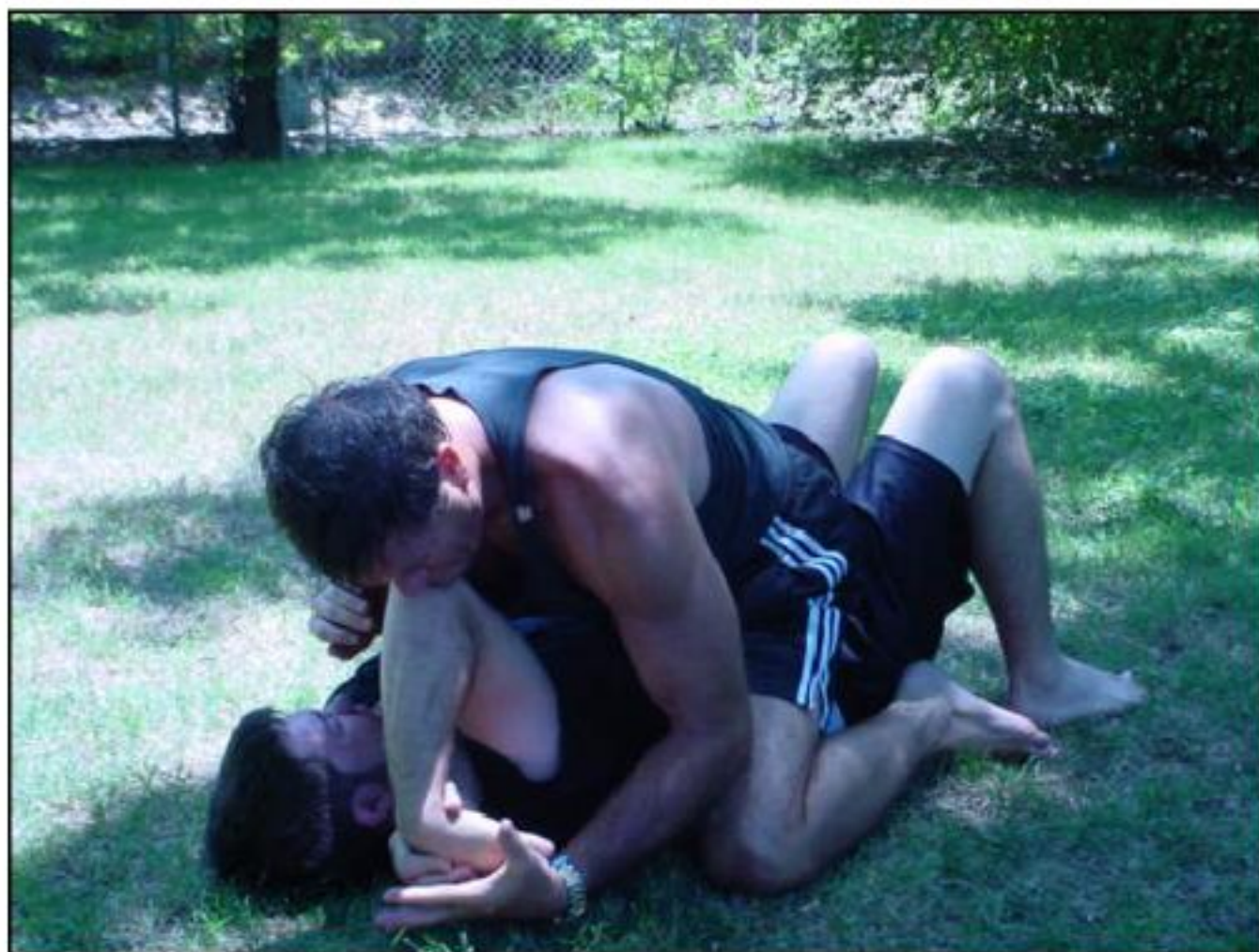
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You keep your elbow firmly on the ground and lock your wrist with your other hand. To effect the lock, you draw the arm back towards your hips and lift up on the elbow for the submission.



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You can also do an arm bar and wrist lock by turning his wrist over and reaching up with the other hand to control the elbow, while turning hard on the wrist

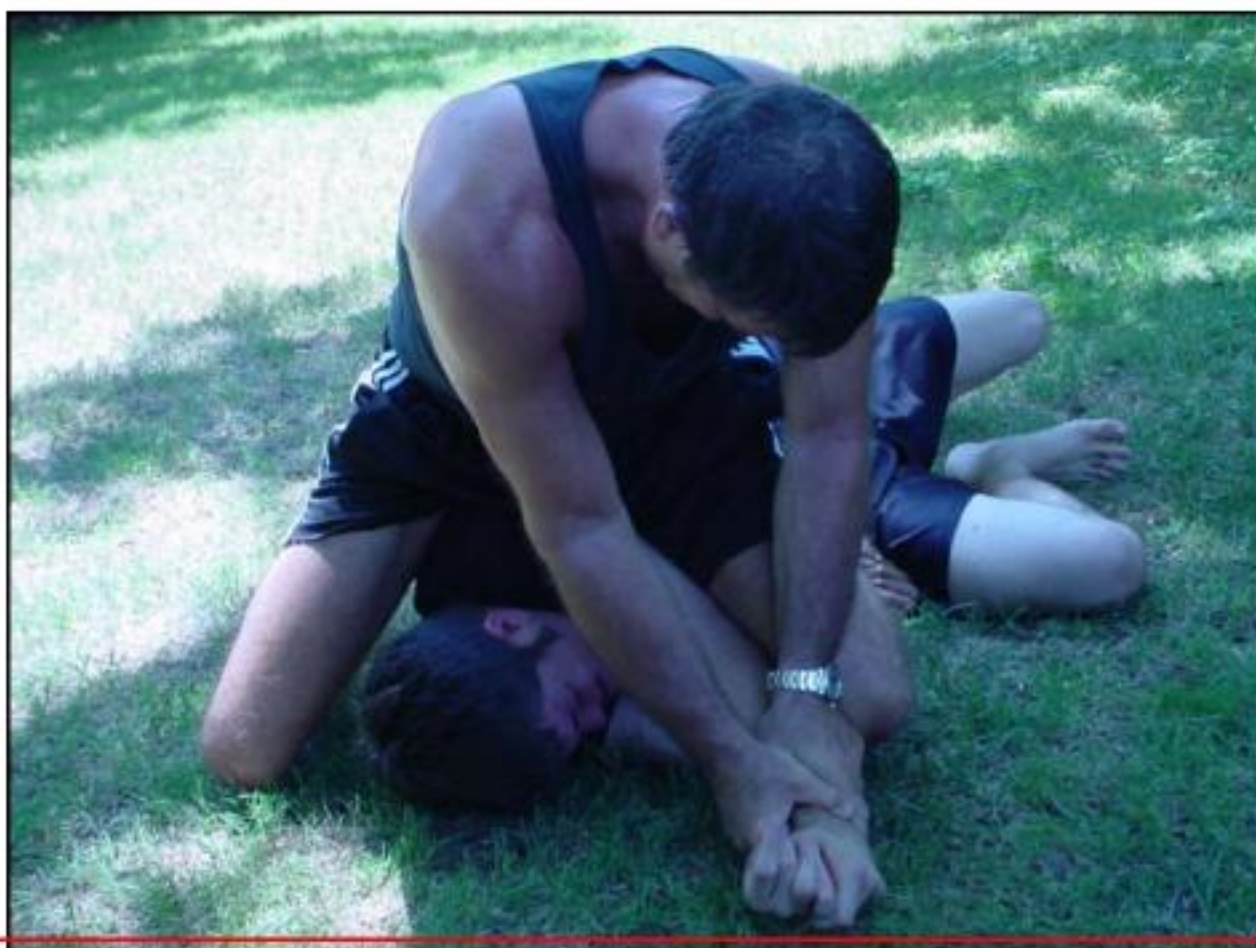


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Elbow Lock



You can do a great elbow lock by pushing his left arm across his body and then leaning up to keep the weight on him to prevent him from rolling out.



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You pull the arm up across the body and keep it tight to the chest, then you turn your body across him and lay back to lock the elbow and cause the submission.



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Head Lock Submission



You can do a head lock submission by wrapping your arm around his neck from side control, and then reaching down and locking his arm under your knee.



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You then lock your arms together at the wrist and lean back hard, pulling up on his head and down with your legs to force the submission.



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Side Control Head Lock Arm Bar



From side control you quickly flip your leg up over and around his head to lock it with your legs, then you begin to secure the arm



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If he tries to keep your from taking the arms by locking his wrist, you reach under and thru his arms and using your elbow for leverage, you lean back and break the lock and secure the submission by choking with the legs and locking the arm across your body.



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American from the front



You can secure an American from the front, by pulling his arm across his body as you straddle his head. Lift up on the elbow and lock your arms at the wrist, then twist the arm backwards for the submission.



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Leg Lock from side control



From the side control you secure your right arm around his neck and then reach out with your left arm to grab his leg at the ankle. You secure the submission by pulling up on the leg at the ankle.



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The Sweep from the bottom to get the mount.



You are holding the opponent from the guard by reaching around his head and by holding hard under his arm. You now shrimp to the side and lift the leg to begin to drive the leg under his body.



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You now slide the leg under and inside his leg and lift up on his leg while pulling across with your other leg, forcing him to roll over and allow you to get the top mount.



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The Jumping Guillotine



You start the Guillotine but he is too strong so you lift one leg and then the other to jump into the guillotine.



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You then jump into the air and lock both your legs around his waist while leaning backwards to force him to the ground and the submission.

Note: We are using a trampoline here because this is a very hard fall for the opponent and for you.



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Karate and Jiu Jitsu Techniques. While I strongly believe Jiu Jitsu is extremely effective I think that using proper karate techniques will allow the fighter to be much more effective and powerful.



Here we are facing each other in typical Jiu Jitsu stances. Instead of trying a take down I snap up a front kick into his lower stomach or the groin.



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After the kick I quickly step in and grab him around his legs lifting him up and then smashing him to the ground.



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You opponent is reaching for you, you immediately slide your leg up and do a hard side kick into his ribs, then step around the back to secure a chokeout.



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You can do a Mule kick as your opponent reaches for you by leaning down and dropping the arms to the ground for support and smashing the hell into his chest.



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You opponent is reaching for you and you drop down and do a straight right into his groin.



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You can block the roundhouse kick by thrusting your arm down across your body, and then hooking the leg up and holding it to your chest. Then you step up and throw him to the ground.



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You can block the roundhouse by lifting your shin up to block the kick and then with the same leg, you snap a kick into the groin.



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You block the front snap by catching the leg against the body and then snapping your other leg into his groin. This will force his body forward and then you collapse the leg and wrap it up.



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You lock the leg and reach around the neck and drop to the ground and secure the submission.



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The proper stance to block a punch. You will notice the opponent is close enough to hit my face, but because I have my body over my front leg, all I have to do is lean back to avoid the punch.



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If you fight with your body over your back leg, when the man punches at you, you will be hit because you can not lean backwards any further.



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You can effectively block his punch by stepping in and striking his shoulder.



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The you can come in with a knee to the face and step around the back for a throw and finish.



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You can do an unstoppable side kick from very close range by turning your body into the kick.



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You can do the kick by dropping the knee and thrusting it straight up in the ribs.



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The high knee to the face or the side of the jaw is very effective for stopping the fight.



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A very effective technique is to thrust the palm heel into the opponents nose and then immediately follow with a right cross



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If you are flexible enough a heel/ax kick to the back of the head will stop him.

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A nice combination. Start with a right that blocks his left arm as he is jabbing at you.



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Then follow with a left kneed into the chest, face area forcing him to bend over. Where you come down hard with an elbow to the back of his head.



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Finish him by coming up with the right knee to the jaw, and then over with the left leg for a strangle finish



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You block his right with your left and then step in for a fireman's flip.



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Drop to your knees and using your leverage. Not your back, simply flip him over and then control him with a side mount.



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Here you stop a single leg by pressing down on the mans neck breaking the hold, and then come up with a front stomp to the back of the neck.



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While he is still bent over come up hard with an elbow smash to the middle of his back.



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Then finish him by reaching down to control the head and twisting and turning him with his jaw for the submission.



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Bear Hug Release



You twist your body hard to the left and right with a series of high hard elbows to the head. This will cause him to loosen his grip.



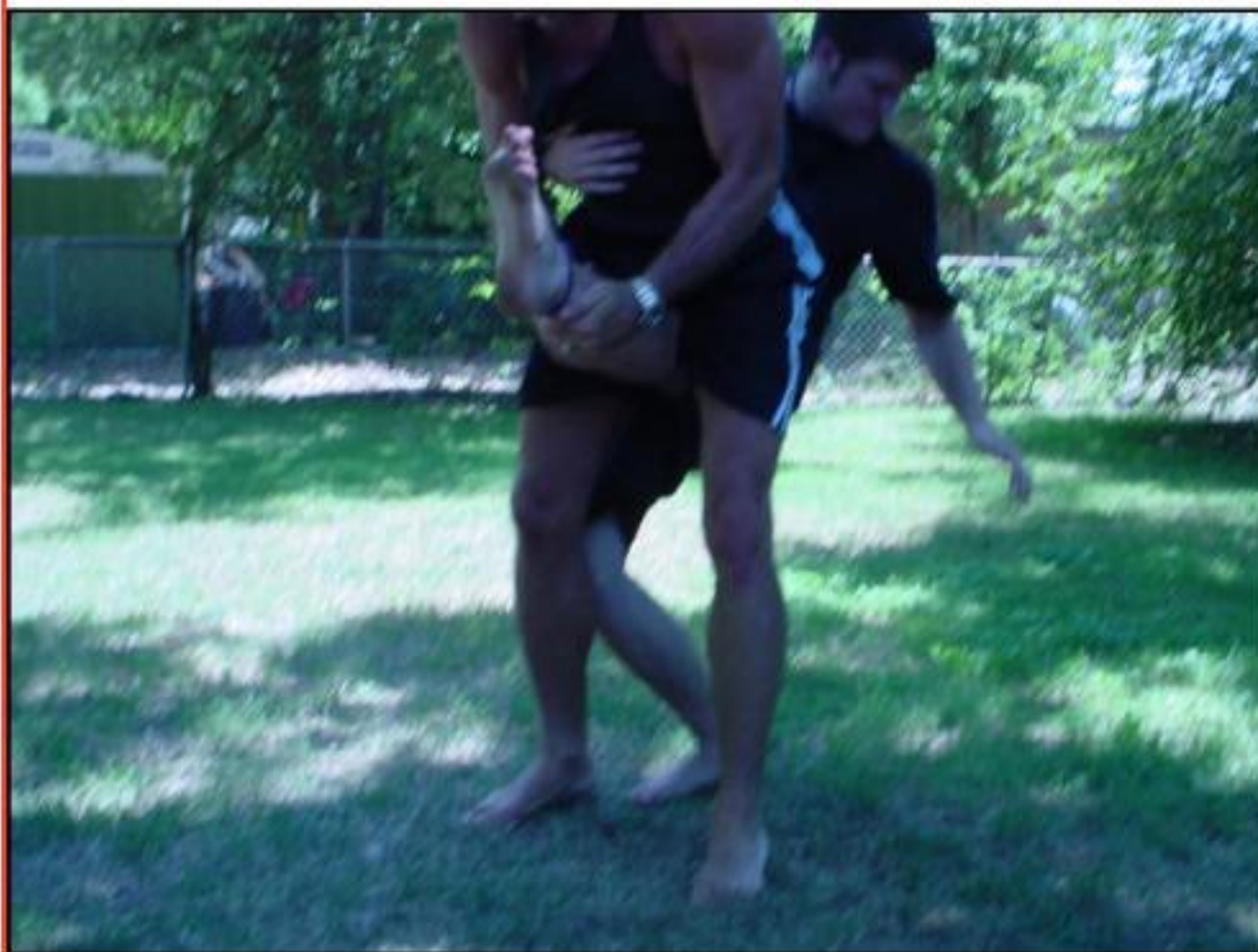
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Now you quickly bend over and grab his leg and throw him to the ground, where you finish with a knee bar.



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As an alternative finish. You can grab his leg between yours and throw him to the ground and stomp his going for the finish.



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Head Lock Release



You start by pushing out on the arm to relieve pressure and then snap your palm into his groin.



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Now reach down between his legs and pick him up to smash him to the ground for the finish.



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Bear Hug Release



Start the release by cupping his ears and finish him with an elbow to the jaw.



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Wrist Grab Releases



If you are held by one wrist, you can control him by holding his wrist with your free hand and then snapping a front kick into his stomach.



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Another move is to hold his wrist with your free hand and then roll your captured hand up and over his wrist to lock him arm.



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From there you can step over him and lock the elbow for the submission.



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Two Hand Wrist Grab Escapes



If you are held by two hands you can reach thru and grab your wrist, locking your elbow at your side and lean back to escape.



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If that is too nice, you can simply point at your wrist with your free hand and then smash him in the jaw with the same hand.



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From there you come across with an elbow to his jaw and finish him by flipping the same arm up over his head and stepping around to choke him and force the submission



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Front Choke Release



To escape from the front choke, immediately tighten the neck muscles and holding his hands to prevent him from backing up snap a kick to his groin.



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If he is still standing from there you reach over and turn to pull his arms off, locking out the elbow.



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You finish him with a hard side kick to the floating ribs.

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Rear Choke Escape



You start the release by tighten your neck, and then reach up and peel his fingers, turning his arms over across you back and locking them to allow you to do a finishing flip



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